

17.



Subject: SCIENCE

A Healthy Diet
for your Dog

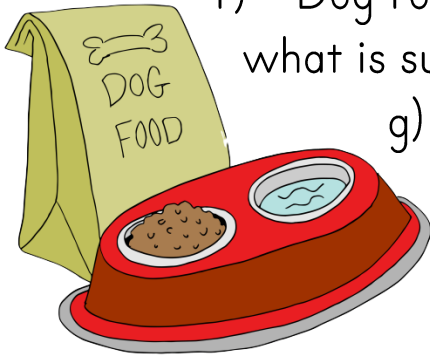
Name:

A HEALTHY DIET FOR YOUR DOG

I. Complete the sentences.

**suffer, changing, dry, read, need, once, water,
vet, amount, diet, onions, dog, fit**

- a) Your dog needs a well-balanced diet to stay _____ and healthy.
- b) Your dog also needs constant access to fresh, clean drinking _____ always.
- c) The _____ of food your dog needs will depend on things such as age, activity and general health.
- d) If your dog is fed more food than necessary, he/she will become overweight and may _____.
- e) Always ask your vet for advice on what, and how much, to feed your _____.



f) Dog food can be wet or _____ and what is suitable will depend on your dog's needs.

g) Whichever food you choose, always _____ the manufacturer's instructions.

h) Once you've found a balanced _____ which suits your dog, then stick to it.

i) Suddenly _____ your dog's diet can make them sick.

j) Unless advised otherwise by your vet, feed your dog at least _____ a day.



3. Here are some healthy options to add to your dog's diet. Summarise each paragraph.

Green Beans



If your dog needs to lose some weight, try reducing his daily food intake and giving a few green beans with each meal instead.

Green beans are tasty, low in calories and high in fibre, so they're good for helping dogs to feel fuller after eating. It's OK to use fresh, canned or frozen green beans, if there's no added salt or spices.

Summary:

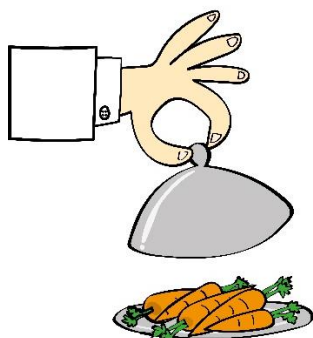
Bone Broth

Bone broth is made by simmering bones in water for up to 24 hours. This cooking process releases vital nutrients from the bones and cartilage. Add a spoonful to your dog's breakfast or dinner to support healthy joints, bones and skin.



Summary:

Carrots



Many dogs like the taste of carrots because they have quite a high sugar content, but they're low in calories. They also have important nutrients. Carrots can be fed either raw or cooked, depending on what your dog enjoys.

Summary:

Boiled Chicken

Plain boiled chicken (boneless, with no salt) is low in fat and high in protein. Boiled chicken is also easy to digest. You can mix the chicken with some cooked rice if your dog needs something bland to help settle an upset stomach. Boiled chicken, cut into small pieces, also makes an excellent training treat that's both healthy and delicious.



Summary:

Fish Oil



Fish oil contains high levels of omega-3 fatty acids, which have many benefits. They're useful for dry skin and dull coats and can be useful in treating certain types of skin allergies as well as arthritis and heart disease. And most dogs love the taste of fish oil!

Summary:



4. Read this alphabetised list of foods that are unsafe for your dog.

Alcohol

Apple Seeds

Avocado

Sweets

Chewing Gum

Toothpaste

Mouthwash

Cat Food

Chocolate

Coffee

Tea

Caffeine

Cooked Bones

Corn on the Cob

Fat Trimmings

Garlic

Grapes

Raisins

Hops



Human Vitamins

Liver

Macadamia Nuts

Milk

Dairy Products (Limit)

Onions

Chives

Peppers

Peaches & Plum Pits

Raw Meat

Raw Fish

Rhubarb

Tomato Leaves

Salt

Sugar

Tobacco

Xylitol

Yeast



Toxic

5. Read:

Tips for choosing quality dry food; things to look for:

- 🐕 lots of animal protein (weight included)
- 🐕 animal protein at the top of the list
- 🐕 animal protein that is named, e.g. chicken, beef, lamb (not just 'meat protein')
- 🐕 if there is a protein meal, it should also be from named species (e.g. "beef meal" not "meat meal")
- 🐕 if fresh meat is first on the ingredient list, there should be an animal protein meal as well (fresh or frozen meats do not contain enough protein)
- 🐕 whole vegetables, fruits, and grains
- 🐕 a "best by" date that's at least six months away



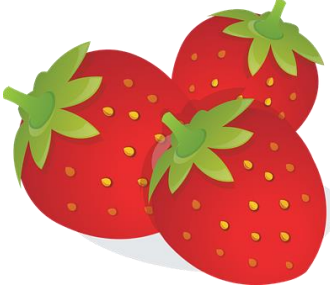

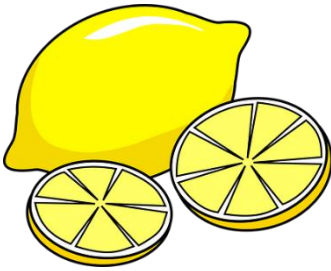

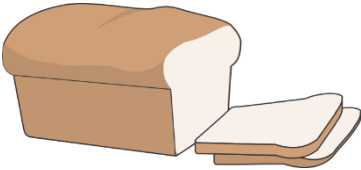
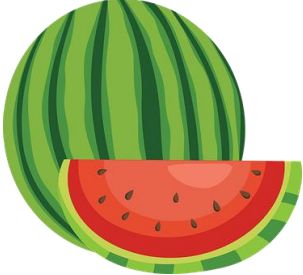






What you don't want to buy:



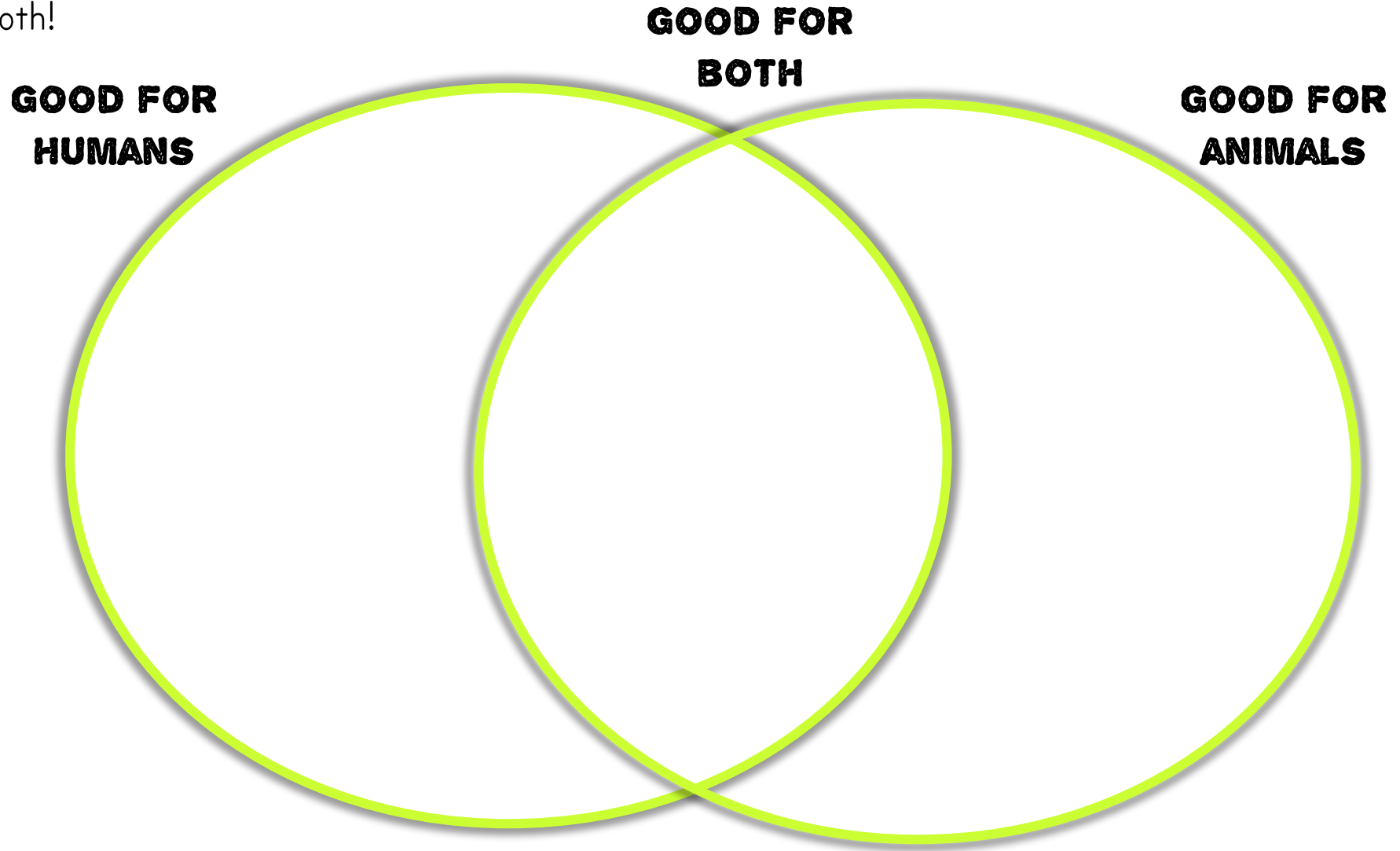
- 🐕 meat by-products or poultry by-products
- 🐕 a 'generic' fat source, e.g. 'animal fat' – it should rather be 'chicken fat' or 'duck fat'
- 🐕 added sweeteners
- 🐕 artificial colours, flavours, or preservatives



6. Are these foods healthy or unhealthy for dogs? Label the pictures with H or U.

7. Use this Venn diagram to write foods that are good for humans, good for dogs and good for both!



10. Before you make some edible treats (over the page), note that you should always feed your dog in clean bowls. Bowls should be washed every day.

Match the sentences to the pictures. Write letters on the photos.

A. Give clean, fresh water to your dog every day.

B. Dry food can make your dog thirsty. Keep fresh, clean water near the dry food.

C. Store dog food in an airtight container.

D. Place dry dog food in a clean bowl.





II. Make healthy treats for your dog!

RECIPE 1: FROZEN PEANUT BUTTER YOGHURT DOG TREATS

This snack will cool your dog down on a hot day or after hard exercise.

INGREDIENTS

-  ½ litre vanilla yogurt
-  ½ cup peanut butter








INSTRUCTIONS

1. Melt the peanut butter in a microwave.
2. Combine the yoghurt and melted peanut butter.
3. Pour the mixture into cupcake papers.
4. Place in the freezer.

RECIPE 2: HOMEMADE DOGGIE TREATS

This recipe makes 2 dozen treats.

INGREDIENTS

-  1 ½ cups whole wheat flour
-  ½ cup wheat germ
-  ½ cup melted bacon fat
-  1 large egg
-  ½ cup cold water



INSTRUCTIONS

1. Preheat the oven to 350°F.



2. Mix all ingredients together in a bowl and mix by hand until dough forms. (You can add more flour if the dough is too sticky or more bacon fat or water if the dough is too stiff.)
3. Roll the dough out onto a floured surface, to a thickness of just under 1/2-inch.
4. Cut into bars and place on a cookie sheet.
5. Poke divots into the bars (you can use a chopstick) and bake in a preheated oven for approximately 20 minutes or until lightly browned.
6. Turn the oven off, turn the bars over, and put them back in the oven until cool.
7. Store them in an airtight container at room temperature.

RECIPE 3: APPLE-CHEDDAR DOG BISCUITS

This recipe makes about 16 biscuits.

INGREDIENTS



2 cups barley flour



1/2 cup oatmeal



1/3 cup grated cheddar



1/4 cup grated Parmesan cheese



1/3 cup unsweetened applesauce



2 tablespoons olive oil

INSTRUCTIONS

1. Preheat oven to 350 degrees. Line a baking sheet with a non-stick paper and set aside.



2. In a large bowl, mix all ingredients and about 3 tablespoons water to make a dough.
3. Roll out the mixture between two sheets of plastic wrap to $\frac{1}{4}$ -inch thick.
4. Remove the plastic wrap and cut out biscuits – you can use a bone-shape cookie cutter if you have one!
5. Place biscuits about 1 inch apart the prepared baking sheet.
6. Bake for 30 minutes until nicely browned and firm.
7. Place biscuits on a wire rack.
8. Turn off the oven and place biscuits on the wire rack in oven overnight.
9. Remove from the oven and store in an airtight container for up to 2 weeks., if they last that long!



RECIPE 4: EASY DOGGIE TREATS

INGREDIENTS

- 🐕 2 cups organic whole wheat flour (or wheat germ, or spelt, or rolled oats, or a mixture of these, etc.)
- 🐕 2 jars of pureed baby food, e.g. beef, blueberry, sweet potato, chicken, etc. Just make sure there are no onions/onion powder in it! Also, avoid artificial preservatives.



INSTRUCTIONS

1. Preheat oven to 350°F.
2. Mix the ingredients together to form a stiff dough. If necessary, add extra flour or water if necessary.
3. On a lightly floured surface, roll out dough to about a ¼ inch thick.
4. Use cookie cutters to cut into shapes or use a pizza cutter to make cubes.
5. Line a cookie sheet with parchment paper and place the treats about ½ inch apart.
6. Bake for 20 - 25 minutes.
7. Allow the treats to cool completely.
8. Store in a paper bag to keep them crisp.



*Note: You can add other healthy ingredients, e.g. grated carrots, sweet potatoes, a little bit of parsley (could help with bad breath), blueberries, or peanut butter!

RECIPE 5: 4-INGREDIENT DOG TREATS

These biscuits are made from just four wholesome ingredients. This recipe makes about 30 dog treats.

INGREDIENTS

-  1 cup whole wheat flour, plus more for dusting
-  ½ cup peanut butter
-  ¼ cup chicken stock
-  ¼ cup ripe banana






INSTRUCTIONS

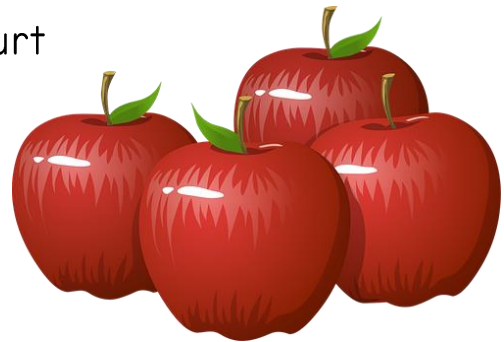
1. Preheat oven to 350 degrees Fahrenheit.
2. Mix all ingredients in a medium bowl. Mash the banana first before adding other ingredients.
3. The dough should be smooth and cohesive but not too sticky.
4. Lightly flour your work surface with whole wheat flour. Roll out the dough to a ¼ inch thickness.
5. Use a cookie cutter to cut out little cookies.
6. Bake for 16 to 20 minutes, depending on the size of your treats. Bake until golden brown.
7. Allow the treats to cool fully before feeding to your dog!
8. Store treats in an airtight container.

RECIPE 6: FROZEN APPLE DOG TREAT

For this recipe, you will need a Nutri-Bullet or blender. This recipe makes 16 treats if using a standard ice cube tray. Feed your dog one treat at a time.

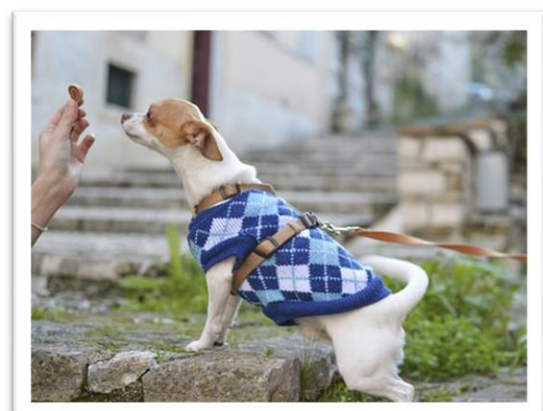
INGREDIENTS

-  2 apples
-  1 cup Greek non-fat plain yoghurt
-  Water



INSTRUCTIONS

1. Slice 2 apples into small pieces but remove the seeds and the core.
2. Mix the apple slices, yoghurt, and a splash of water in your Nutri-Bullet or blender.
3. Blend until the mixture is a liquid.
4. Pour the mixture into an ice cube tray and freeze for a few hours or until frozen.



12. Design a healthy menu for a dog. (Plan in rough first. Include rough work with your portfolio)



A framed whiteboard with a brown wooden border. In the top left corner, there is a cartoon illustration of a yellow dog with floppy ears, happily eating a slice of red watermelon with a green rind. The dog is sitting on a green base with the word "AZOR" written on it. To the right of the dog, the word "Menu" is written in a large, black, cursive font. Below the word "Menu", there are 15 horizontal black lines for writing. A small black eraser is visible at the bottom right corner of the whiteboard.